



# MEN TALK

## What Men Can Do To Have Healthier Families

— BY JOHN H. DRIGGS,

Too many family men play peripheral heroic roles in their families and they miss the immense fulfillment of engaged family love. They may behave good heartedly and responsibly in the world outside the home but fail to be as passionately connected with their families. Family men may feel it's enough that they bring home the bacon and put in an appearance at home. They may go through the motions of loving. Such decent guys might feel that the nitty-gritty details of family devotion can be left up to their wives and children to work out, even when their wives themselves also work outside the home. Too many family men look at the home as a safe refuge from the pressures of the outside world and fail to see their emotional responsibilities towards their loved ones at home. Instead, they believe that loved ones should be more understanding of their needs and stay out of their way. This sad pattern of emotionally absent family men is not about men having bad character, but about men being scared to death of their own emotionality and men feeling emotionally less significant thanks to social sex role stereotyping. When men stay in utilitarian roles in their families they miss out on the deep meaning of committed family love – the very meaning of life itself – and they fail to be whole persons.

### INDISPENSABILITY OF LOVING FAMILY MEN

Words cannot do justice to the indispensability of caring family men. Wives who are emotionally supported by their partners in a more egalitarian marriage and parenting relationship are incredibly more fulfilled, less depressed, and more confident of their own mothering. Many typical mental health problems in women are vastly alleviated when men are emotionally in sync with their partners and at least carry out equally responsible parental duties. The modeling of family men pulling their weight in family emotional duties – like listening to children feelings, arranging sleep-overs, and participating in parent/teacher conferences – not only does wonders for their wives but also gives the message to children that women are to be respected and it's OK for men to be vulnerable and tender. While moms may also articulate such messages in words, dads literally drive the message home by putting it in action. Indeed, in many ways family men convey to all family members what life is “really” about and they do so through their actions.

What does research say about the importance of caring family men? Dads promote independence in children. Studies show they are more tactile, less verbal, and more physically playful with their kids. Most toddlers choose dads for play partners due to the rigorous and more adventurous play styles. Continuing data shows that kids with emotionally supportive dads are more emotionally and cognitively intelligent, have increased empathy skills, are less aggressive and more sociable, are more verbal, and have fewer school problems. The most powerful predictor of a moral conscience in adults is paternal childrearing involvement through age five. Girls with involved fathers have later ages of menarche and postpone sexual activity. They tend to be popular with peers and more interpersonally assertive throughout their lives. Other research has found that women who are successful in the workplace almost always had encouraging relationships with their dads. Boys with involved dads excel in all areas. Having a caring dad is the single best predictor of a male's willingness to be a nurturing parent. In addition, fathering is good for men's

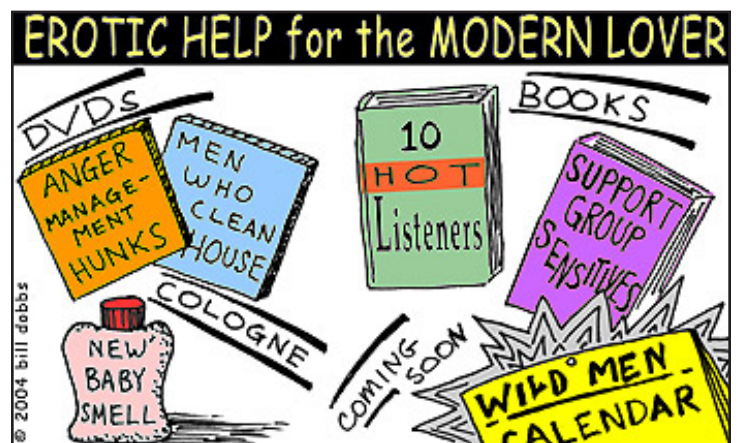
health and correlates highly with marital and career success. Involved family men are gifts to us all.

### ASSESSING IF YOU ARE AN INVOLVED FAMILY MAN

Ask yourself the following questions to discern if you need to be more emotionally connected to your family. It's best that you honestly scrutinize your caring for loved ones as you may tend to overrate how well you are doing. Do you ...

- 1) almost daily read to, play with, hang out with your children in some form of active family recreation?
- 2) know the names of and met your children's friends and their parents?
- 3) share the responsibilities of taking your sick children to the medical clinic?
- 4) arrange with other parents children's birthday parties, sleepovers, and afterschool events?
- 5) understand and can accurately state the main current dilemmas in your wife's and children's lives? (Just guess and ask them if you're right!)
- 6) regularly set firm limits with the kids while not worrying about your popularity?
- 7) get regular physicals, consistently exercise, don't smoke, and eat sensibly in an awareness of your essential role to all loved ones?
- 8) have a group of male friends and involved family men who you see regularly for fun and guidance?
- 9) express your feelings – especially anger – in an constructive way that balances your needs with the needs and sensibilities of other loved ones?
- 10) consistently support your spouse and children in their healthy endeavors, especially when they are not to your liking, approval, or convenience?
- 11) regularly attend and involve yourself in a religious service, community volunteer project, or social organization that promotes the greater good?
- 12) weekly go out with your partner on a date night away from the children?

*Continued on page 2*



WHY DO FAMILY GUYS HOLD BACK?

## Library Corner

—RANDY GENRICH,  
LIBRARIAN



Using the library is a membership privilege. To check out a book, all you have to do is write your name, phone number, and the date on a checkout card and leave it in the box. Or just come in and browse – you will be surprised at how stimulating it can be to expose yourself to the books in our collection. So come on in and take a look.

We also have many periodicals available for your use, such as:

- Men's Health
  - Voice Male – Summer 2004: *Is There a Father in the House?*, and *Healing from Testicular Cancer*.
  - Lavender
  - Men's Journal
  - Transitions
  - Rainbow Families
  - Bi All Means
  - Wellness Journal
  - The Edge
  - Everyman – July/Sept 2004: *The Politics of being Female*.
  - D.A.D.S #1
- Enjoy your library!

**Address change notifications from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!**

*Men Talk* is a bi-monthly publication of the Twin Cities Men's Center, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

### Editor

Bill Dobbs

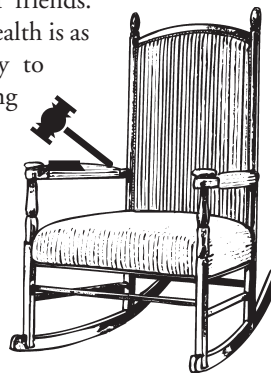
### Board of Directors

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## Letter from the Chair

Greetings members and friends. The subject of men's health is as good a subject as any to inspire discussion and gaining knowledge. Why is it that guys tend to lack the time of day for check-ups and such? Could it be that many of us have a sense that life demands that we keep moving at a brisk pace with a near exclusive focus on our short list of daily requirements? Who sold us that blasted list anyway? It's as if life's a free-way and if we would dare to slow up and address things more holistically we'd cause some 'multi-drone' pile up.

I don't mean to sound mean because it's hard to break from the pack but sometimes I get the impression that life, as it's typically set up, is in my way and it takes real effort to get my head turned around. Many of you, to your credit, do well to maintain a healthy balance



and I hope that you realize how important you are as a model to others. I'll close with one personal example of the old male stereotype for your amusement. It was over a year ago that I chipped a good-sized chunk off a front tooth. I've since learned to compensate in order to avoid the potential 'phitt' that tries to escape through the gap when any word with an 'f' is formulating. To his credit a co-worker, within a week of the incident, recommended a dentist to do the repair. (It was actually his wife who'd had some work done, of course). I didn't go. Since then I've change jobs and health plans so in a sense I'm back to the beginning on the whole matter. Lucky I didn't waste any effort, right?

Phitt!

**PEACE AND LONG LIFE,  
BOB ENG, BOARD CHAIR**

### *Healthy Families Continued from page 1*

Men emotionally hold back in families for various reasons. Some men simply have traditional views of themselves as family men and they don't want to see their emotional significance. They may choose to hang on to masculine stereotypes than put themselves in uncomfortable roles. Such stereotypes undermine the real joy and meaning of masculinity and fatherhood. Other men have past emotional wounds in their own lives that make them terrified of their emotions in general. They keep others at arm's length to wall themselves off from their own painful experiences. Frankly, some family guys may try to get more emotionally connected to their loved ones but are inadvertently shut out by partners who don't really want closeness themselves or else wants to be in total control. Some women may say they desire a more emotional partner but, as soon as their men open their mouths to express feelings, there is hell to pay. Unemotional men are sometimes the result of faulty couple dynamics that involve both partners. Some men are too ashamed of their efforts as dads and use that as an excuse to avoid loved ones. Men who have not seen their own fathers be intimately involved in family life may feel awkward and irrelevant when it comes to nurturing loved ones. They lack an internal working model of men getting into the nitty-gritty's of family life. Obviously there are those men who simply see their families as places to hang out as they pursue their own selfish pursuits to the huge detriment of their wives and children. Sometimes their partners mistakingly believe that having an irresponsible man is better than having no man at all.

Actually the opposite is true, mothers can completely raise healthy children all on their own with the help of supportive friends. Also, most men truly crave to be more emotionally attuned to their wives and children but too often make excuses for not doing so. There are no excuses for why men play peripheral roles in their families. The well-being of loved ones needs men to go beyond excuses.

### GETTING ALL EMOTIONAL AS A FAMILY MAN

Don't wait, like the guy in the example above, for something bad to happen before you grasp your manly significance. Get involved now. Your emotional aloofness from kids and a spouse is not a neutral thing; it affects everyone now and for generations to come. Your wife cannot make up for what is missing in you. Fear and incompetence is no excuse. Read *Fatherhood* by Dr. Kyle D. Pruett (The Free press, 2000) and *Awakening from the Deep Sleep* by Robert Pasick, Ph.D. (Harper Collins, 1992). Consider joining a Men's Alanon Group (Call 1-888-425-2666 for meeting information or visit [www.al-anon-alateen-msp.org/pages/meetings.html](http://www.al-anon-alateen-msp.org/pages/meetings.html)), a group at the Men's Center (Phone: 612-822-5892), or a Men's Therapy group (Phone: 651-699-4573).

Finally, and most importantly, the very best reason to get emotionally involved with those you love is that it will do you immense good. Having loving connections with family brings joy and meaning beyond your greatest expectations and accomplishments hands down. Paul Tsongas, a former United States Senator put it best: "I never met a man who on his death bed said, 'Gee, I wish I had spent more time at the office.'"

*John H. Driggs LICSW is a Licensed Clinical Social Worker in private practice in St. Paul and co-author of "Intimacy Between Men." (Penguin Books, 1990). He can be reached at (651) 699-4573.*



# MEN'S CENTER EVENTS

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

## Oct/Nov 04

The Men's Center number is **612 / 822-5892**.  
Call us about Anger Management classes.

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|---|---|---|---|--|---|--|
|   |   |   |   |  | SUPPORT GROUP<br>Men's Bisexual issues 7:30 p.m.                        | SUPPORT GROUP<br>Healthy Sexual Boundaries 10:00a.m.   |
| <b>3</b>  | <b>4</b>  | <b>5</b>  | <b>6</b>  | <b>7</b>   | <b>8</b>  | <b>9</b>   |
|   | SUPPORT GROUPS<br>General Issues 12:30p.m.<br>20's GLBT 7:30p.m.                      | SUPPORT GROUPS<br>Gay Issues in Mpls<br>Divorce/Uncoupling/<br>General Issues<br>in St. Paul<br>7:30 p.m. | PRESENTATION<br>Clearer Vision<br>7-9 p.m.<br>Re-Entry<br>7:30 p.m.                     | SUPPORT GROUPS<br>Div/Uncpl/General;<br>Male Surv. Sex Abuse<br>Emotional Abuse<br>7:30 p.m. | SUPPORT GROUP<br>Men's Bisexual issues 7:30 p.m.                        | SUPPORT GROUPS<br>Healthy Sexual Boundaries 10:00a.m.<br>Re-Entry<br>1:00 p.m.                       |
| <b>10</b>                                       | <b>11</b>   | <b>12</b>   | <b>13</b>   | <b>14</b>  | <b>15</b>   | <b>16</b>  |
|   | BOARD MTG. 7 p.m.<br>SUPPORT GROUPS<br>General Issues 12:30p.m.<br>20's GLBT 7:30p.m. | SUPPORT GROUPS<br>Gay Issues in Mpls<br>Divorce/Uncoupling/<br>General Issues<br>in St. Paul<br>7:30 p.m. | PRESENTATION<br>A Circle of Warriors<br>7-9 p.m.<br>Re-Entry<br>7:30 p.m.               | SUPPORT GROUPS<br>Div/Uncpl/General;<br>Male Surv. Sex Abuse<br>Emotional Abuse<br>7:30 p.m. | SUPPORT GROUP<br>Men's Bisexual issues 7:30 p.m.                        | SUPPORT GROUPS<br>Healthy Sexual Boundaries 10:00a.m.<br>Re-Entry<br>1:00 p.m.                       |
| <b>17</b>                                       | <b>18</b>   | <b>19</b>   | <b>20</b>   | <b>21</b>  | <b>22</b>   | <b>23</b>  |
| BRUNCH 10:00 a.m.<br>MEN'S RETIREMENT 5:30 p.m. | SUPPORT GROUPS<br>General Issues 12:30p.m.<br>20's GLBT 7:30p.m.                      | SUPPORT GROUPS<br>Gay Issues in Mpls<br>Divorce/Uncoupling/<br>General Issues<br>in St. Paul<br>7:30 p.m. | PRESENTATION<br>Choosing Healthy Sexual Boundaries<br>7-9 p.m.<br>Re-Entry<br>7:30 p.m. | SUPPORT GROUPS<br>Div/Uncpl/General;<br>Male Surv. Sex Abuse<br>Emotional Abuse<br>7:30 p.m. | SUPPORT GROUP<br>Men's Bisexual issues 7:30 p.m.                        | SUPPORT GROUPS<br>Healthy Sexual Boundaries 10:00a.m.<br>Re-Entry<br>1:00 p.m.                       |
| <b>24</b>                                       | <b>25</b>   | <b>26</b>   | <b>27</b>   | <b>28</b>  | <b>29</b>   | <b>30</b>  |
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| <b>31</b>                                       | <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>   | <b>5</b>  | <b>6</b>   |
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| <b>14</b>                                       | <b>15</b>   | <b>16</b>   | <b>17</b>   | <b>18</b>  | <b>19</b>   | <b>20</b>  |
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| <b>21</b>                                       | <b>22</b>   | <b>23</b>   | <b>24</b>   | <b>25</b>  | <b>26</b>   | <b>27</b>  |
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1976 - In Our 28th Year of Public Service - 2004  
Check out our web site: [www.tcmc.org](http://www.tcmc.org)  
email: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

## PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 28 years ago.

We welcome your suggestions for new topics and presenters. Please call Randy at 61-822-5892 with your suggestions.

Presenters new to the Men's Center are: **Brian Calderon, Bobby Schauerhamer, and Tommy Jones.** Returning to continue their support of the Men's Center are: **Jim Duffy, Jim Gerharter, Jim Lovestar, Andy Mickel, and Sharol Tyra.**

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcomes first timers. Their presentations add a new dimension to our weekly Wednesday night gatherings.

All presentations meet at TMC, 3249 Hennepin Ave. So, Suite 55, unless otherwise noted. These low cost presentations are shown in the Calendar of Events and a more extensive description follows. No pre-registration is needed; entrance fees collected at the door are:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

Please take time to read the descriptions and plan to attend if they stimulate your interest. Bring a friend to share the experience and acquaint him/her with the Men's Center.

Each presentation is intended to promote personal growth, stimulate your interest in a topic, and to give you an opportunity to interact with other attendees.

Note: All events are for men only unless otherwise stated.

Presentations are the sole responsibility of the presenter(s). The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves.

## DESCRIPTIONS

### Clearer Vision

Presenter: Sharol Tyra

When: Wed., Oct 6, 7:00-9:00 p.m.

What do you want more of in your life? You will find what you are seeking with a clearer vision! Discover how to connect your body, mind, heart and soul to live your fullest life, now. Focus on who you are, what you want, and where you are going! Use your senses to help create your vision. Describe six aspects of WISDOM OF THE BODY: Wisdom, Senses, Heart, Intuition~ Identify and tame self-limiting beliefs, crossed boundaries, and toleration in your relationships.

*Sharol Tyra of Life Illumination is a Speaker and Life Coach. In her seminars Sharol offers content with inspirational style, insight and humor. Sharol develops Peak Performers! Her clients testify that she inspires them to be responsible for their impact in life and their happiness that benefits long after the session is over-including seminars at The Men's Center! She was featured on TV and in publications. Visit [www.SharolTyra.com](http://www.SharolTyra.com)*

### A Circle of Warriors

Presenter: Andy Mickel

When: Wed. Oct. 13, 7:00-9:00 p.m.

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors "We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race."

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure adventure has changed men's lives.

*"The initiation of men is the hope of the world." - Don Jones, former chairman, ManKind Project.*

### Choosing Healthy Sexual Boundaries

Presenters: Bobby Schauerhamer, Tommy Jones

When: Wed. Oct. 20, 7:00-9:00 p.m.

This presentation serves as an introduction to a newly renamed support group, Choosing Healthy Sexual Boundaries, that will meet on Saturday mornings from 10:00 am to noon.

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting someone you love?

Would you like a safe, non-confrontational, non-judgemental place to talk with other men about healthy sexual boundaries? Check out our presentation.

*Bobby Schauerhamer worked for over 20 years as a psychologist, is now a printer and volunteer, and serves on the Men's Center Board. He brings his clinical experience as well as a gay perspective to the presentation/support group.*

*Tommy Jones taught for 26 years in public schools and is now a Program Asst. at a small chemical addiction clinic, and does volunteer work.*

*Both Bobby and Tommy traveled many roads on their journey to find healthy sexual boundaries and would like to help others find and choose their own.*

### The Quantum Collapse Process™

Presenter: Brian A. Calderon, BA, CMT, CST-D

When: Wed. Oct. 27, 7:00-9:00 p.m.

The Quantum Collapse Process™ is a cutting edge workshop for personal growth and development. This individualized workshop will educate the participants about how values and perceptions affect all areas of life. The Quantum Collapse Process™ was developed by Dr. John F. Demartini and will be presented and utilized to assist the attendees to transform general life challenges – such as stress, anger, finances, family dynamics, and addictions – into blessings and inspirations.

Course Objectives: After completion of the course, participants will have knowledge of the following:

1. Principles of transformation, self-mastery and personal growth.
2. How to use Dr. John F. Demartini's Quantum Collapse Process™.

*Brian Calderon has a combined therapy and teaching experience of over 25 years.*

### Weight-Management for Men: A Commonsense Approach

Presenter: Jim Lovestar

When: Wed. Nov. 3, 7:00-9:00 p.m.

Few men live without weight and appearance related issues. Jim will cover the research and offer coaching on simple and effective techniques to manage your weight. You will learn basic nutrition, how to make peace with food, and tools to maintain the weight you desire.

*Jim Lovestar is the founder and president of the Institute for Men's Health and Well-Being. He has worked with men individually and in groups for over 25 years.*

### A Circle of Warriors

Presenter: Andy Mickel

When: Wed. Nov. 10, 7:00-9:00 p.m.

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## New Developments in Understanding Relationships

Presenter: Jim Duffy

When: Wed. Nov. 17, 7:00-9:00 p.m.

*Open to Men and Women*

There has been a lot of exciting and valuable research published in recent years on the subject of behaviors that help or hinder success in intimate relationships.

From scientific researchers such as John Gorman and Neil Jacobson to psychiatric authors such as Bernard Apellbaum and Ellen Wachtel, these recent results are both immensely practical and profoundly fascinating in what they teach us about human nature. Come and hear a summary presentation of some of the recent research and learn more about how you can study in depth the new developments in understanding of intimate human relationships. This popular presentation is helpful for anyone in a relationship. Please bring a friend. Couples welcome.

*Jim Duffy is a writer and freelance researcher in a wide variety of areas of the human studies. He is a humanist, educator and consultant whose popular presentation and many subjects at the The Men's Center have been well received as both interesting and useful as well as often controversial.*

## No Presentation

When: Wed. Nov 24, 7:00-9:00 p.m.

## Men's Rights in Divorce

Presenter: Jim Gerharter

When: Wed. Dec. 1, 7:00-9:00 p.m.

*Open to Men and Women*

Jim will focus this presentation on men's rights and responsibilities in domestic relationships and pre-divorce actions which can help or hinder men in protecting their rights.

*Jim Gerharter is a Minneapolis attorney practicing in the Uptown area. He has 21 years experience as a lawyer He is a longtime member of the Men's Center and has made numerous presentations at the center.*

## SUPPORT GROUPS

*"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."*

*The Men's Center support groups are hosted by a trained facilitator. Although each group has a specific focus, all groups are Open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.*

### • Minneapolis Location

3249 Hennepin Ave. S. Suite 55

### • St. Paul Location

Memorial Lutheran Church  
NE Corner Maryland Ave. & Earl St.  
(not a mailing address.)

### Men's and Women's Issues

#### Emotional/Psychological Abuse

*Open to Men and Women*

This group is for people who are or have been in abusive relationships that interfere with health living.

- Thursday (Mpls) 7:30 - 9:30 pm

#### Twenty-Something GLBT

*Open to Men and Women*

A discussion/support/social group for Twentysomething GLBT persons. Any GLBT in her/his 20s is welcome to attend. GLBT topics and issues are discussed in an open, affirming and supportive environment. Ideas for discussion topics or social events are welcome!

- Mondays (Mpls) 7:30 - 9:30 pm

### General Men's Issues/Relationship Issues

#### Divorce/Uncoupling/Family of Origin/Workplace

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays (Mpls) 12:30 - 2:30 pm
- Tuesdays (St. Paul) 7:30 - 9:30 pm
- Thursdays (Mpls) 7:30 - 9:30 pm

#### Gay Issues

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

- Tuesdays (Mpls) 7:30 - 9:30 pm

### Re-Entry

This group is intended to focus on the difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays (Mpls) 7:30 - 9:30 pm
- Saturdays (Mpls) 1:00 pm - 3:00 pm

### Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

- Thursday (Mpls) 7:30 - 9:30 pm

### Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays (Mpls) 7:30 - 9:30 pm

### Choosing Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgemental place to talk with other men about healthy sexual boundaries.

- Saturdays (Mpls) 10:00 am - 12:00 pm

### Men Facing Retirement Issues

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays (Mpls) 5:30 - 7:00 pm

## MEN AND WOMEN IN RELATIONSHIP CLASS

RELATIONSHIP CLASS FOR MEN AND WOMEN FROM CHRYSALIS SET TO BEGIN SEP 27 IS CANCELED FOR LACK OF INTEREST, IF YOU WISH TO GET ON A WAITING LIST FOR A FUTURE CLASS, CALL CHRYSALIS AT 612 871-0118, OPTION 1

NORM PETRIK  
PROGRAM COMMITTEE CHAIR



# Here and There

— Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, October 17th** at the Men's Center 28th anniversary celebration. Denis J. Carpentier, 612-270-9914 - possible brunch host. **Sunday, November 21st** at Stephen Sewell's/Paul Busch's, 1509 Summit Ave, St. Paul one block east of Snelling Av) 651-917-2495. Men hang out together and enjoy good food with no agenda whatsoever. These brunches are **open to all men from 10 a.m. until 1 p.m.**; plan to come and chat and eat for a 1/2-hour to 2-hour period anytime – inevitably some men stay on until 2 p.m.  
- Andy Mickel, 2004-09-18.

Visit the Men's Center table at **Hennepin County Vendor Resource Fair for the GLBT community** on October 6, 2004 from 10:00 a.m.-2:00 p.m. The Resource Fair will be held on the Public Service Level of the Government Center.  
- Bill Dobbs, 2004-09-10

**Alternatives to Violence Project Workshop.** A weekend long training in communication, cooperation, affirmation, community, and creative conflict management. October 8-10, 2004, Friends for a Non-Violent World (1050 Selby Avenue, Saint Paul) FFI and to register, call AVP at 651-644-5851.  
- Abdul-Hakim As-Siddiq, 2004-09-13

The next **Mankind Project Minnesota New Warrior Training Adventure** will be

held November 5-7th at Eagle Lake Camp near Brainerd, MN. The cost is \$595. Open Circle of Warriors events at the Men's Center on second Wednesdays, 7-9 p.m. **Contact Andy Mickel 612-279-6416 or see: <<http://minnesota.mkp.org>> for Open I-Group dates/times and with any questions.** Register with Marc Salzl, 15215 Court Rd, Minnetonka, MN 55345, 952-933-0541, <[msalzl@mn.rr.com](mailto:msalzl@mn.rr.com)>  
- Andy Mickel, 2004-09-01.

"Men's Center: thanks for being in existence. I've referred many people to you. Thanks for being so stable in the Twin City community. The Men's Center has been very important to me." - from our voice mail, anonymous female attorney, 2004-08-30.

**Men's Health: The Dynamic Duo: Viagra and Testosterone.** The use of a testosterone gel in combination with an erection pill may help men with sexual dysfunction who don't respond to an erection pill alone, new research says. The study, published in the August issue of the Journal of Urology, found the combination approach improved erectile function and overall sexual satisfaction for men with erectile dysfunction and low testosterone who didn't respond to sildenafil (Viagra) alone. FFI: <<http://www.healthscout.com/printer/197/520576/main.html>>  
- from [MenAlive]Newsletter #13 August 18, 2004 from Jed Diamond, <<http://www.menalive.com/>>

**2nd Thursday Educational Events**, sponsored by the Trust Family Center at Judson:

**October 14: Depression Issues** - Shannon Schmidt, Psy.D., LP (at Bethlehem Lutheran, 4100 Lyndale Ave S): One of every ten males will develop depression in their lifetimes (source: NIH/M). Because depression can strike at any time, it is important to know the signs and symptoms for the different stages of life. Come and learn.

**November 11: Conflict Resolution** - Janet Putnam MA, LP (at Lake Nokomis Presbyterian, 1620 E 46th St): Conflict is a fact of life that we all experience from time to time. How we respond to conflict makes the difference. We might try to ignore it or hide it or we may overreact in ways we regret later. In this workshop, we will explore some conflict resolution skills that can be used in a variety of settings.

**Just Between Men Brunch**, 1st & 3rd Saturdays of every month from 11 a.m.-2p.m., Pillsbury House, 3501 Chicago Ave. S., Minneapolis. Sponsored by: Just Between Men FFI: Call R C Cass at 824-0708 x127,

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men! - Andy Mickel. - 2004-09-18.

## International Men's Day — November 19th

— JIM LOVESTAR

The objectives of celebrating an International Men's Day include improving gender relations, promoting gender equality, producing responsible males and highlighting positive role models.

The annual observance of International Men's Day on November 19 seeks to address problems and challenges facing men. These issues include the involvement of men in domestic violence, drug abuse, fathering, homicides, sports, media, power, sexuality, politics, religion, parenting, war, suicides and family life.

Some of the goals of Men's Day – to promote unity, resolve disputes, cultivate greater understanding between men and women, increase tolerance and thus create a safer, better world. This special day for men was initiated in November 1999 and received an overwhelming response from men's groups in North America, the Caribbean, Asia, Africa and Europe. In public forums, discussion groups and conferences, attempts were made to address and seek solutions for the problems facing males in today's society.

Individuals, international associations, non-governmental organizations (NGOs) and religious bodies have been contacted to assist in the observance of this special day. There is also a need for the regular hosting of international conferences on men to address issues and seek solutions.

Hopefully, in the long-term we can make International Men's Day on November 19th an annual worldwide event with beneficial results. It is hoped that men interested in improving themselves and reforming other males would be part of this ongoing "Men's Revolution" and annually celebrate International Men's Day.

At work, in our communities, schools and religious institutions, there should be dialogue between both sexes for greater understanding and tolerance. Thanks for your support and advice in this endeavor as we strive for gender equality and attempt to remove the negative images and the stigma associated with men in our society.

For more information, contact Jerome Teelucksingh, phone : 1-868-665-8227 or e-mail: [thirdworldunited@yahoo.com](mailto:thirdworldunited@yahoo.com).

## Fall Potluck-Picnic Report

ON A GLORIOUS SUNDAY AFTERNOON, SEPTEMBER 12TH, AT POWDERHORN PARK SEVERAL MEN GATHERED FOR GOOD FOOD, AND GOOD COMPANY. THANKS TO J.C. HANCOCK FOR LEADING SINGING AND JERRY OLSON FOR LEADING DRUMMING. WE ALL HAD A GOOD TIME, NEXT MEN'S CENTER SOCIAL GATHERING WILL BE OUR ANNUAL HOLIDAY PARTY BETWEEN CHRISTMAS AND NEW YEARS. LOOK FOR NEWS IN THE DEC-JAN MEN TALK.

**NORM PETRIK,  
PROGRAM COMMITTEE CHAIR**

## The Men's Center ALL-PURPOSE FORM

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:  
Enclosed please find \$\_\_\_\_\_  \$20 (Regular)  \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$\_\_\_\_\_. Thanks much.
- My new/correct address/phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date \_\_\_\_\_

FROM: name \_\_\_\_\_

\_\_\_\_\_ Mailing address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Home phone \_\_\_\_\_

\_\_\_\_\_ Work/other telephone \_\_\_\_\_

### *Support Group Update* *Transition/ReEntry*

— HANK BRUNS

In recent newsletters we have reported on the progress of the growing support group for that part of our population who are in transition for reentry into the community. We are very proud of that group, which has so rapidly grown beyond our usual, normal size.

And so, this is to announce that a second section will be opened on Saturday afternoon, October 9, the second weekend of the month. The group will meet from 1:00 pm to 3:00 pm every Saturday, and the original group will continue to meet every Wednesday evening from 7:30 to 9:30 pm as usual. Also, of course, anyone who misses one group can always catch up in the other. Or, attend both. GREAT!

We welcome all newcomers to the new time, and congratulate those who have attended so regularly on Wednesday, who have made this growth spurt necessary. BRAVO !!

### **Anger Management Program**

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger.

Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class:  
12 consecutive weeks

Number of Participants:  
Space is limited to 12 participants with 2 facilitators per class

Cost:  
\$185 for Men Center Members  
\$195 for Non-Members

Starting Dates and Times:  
Classes will be scheduled as the waiting list fills. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Other questions, call Herb Jaehne 612-839-6806.

Recent Classes Started:  
July 19 Mon St. Paul  
July 28 Weds Minneapolis  
Aug 18 Weds Minneapolis  
Sept Hopkins

#### *Donate to the Men's Center through United Way and the Community Solutions Fund*

Remember, if your company participates in the United Way 2004 Campaign or the Community Solutions Fund, you can designate the Men's Center as payroll deduction donation. We are a 501c(3) non-profit organization that is tax-exempt. United Way will issue tax receipts that you can use to validate your gift.

Talk to your company about giving or call Randy at 612-822-5892 for more info.

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Thanks to all the anonymous donors who gave last month!

### **THIS SPACE AVAILABLE FOR YOUR AD**

#### **Advertising Rate Schedule:**

Full Page 7 1/2" x 10" \$200

1/2 Page 7 1/2" x 4 7/8" \$125

1/4 Page 3 5/8" x 4 7/8" \$65

Biz Card 2" x 3 1/2" \$25

**E-mail: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)**

TMC Office Hours: M, Tu, Th, F ;1-4:30pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

*TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.*

*Check out our web site: [www.tcmc.org](http://www.tcmc.org) or correspond at our email address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

The Men's Center  
3249 Hennepin Avenue South, Suite 55  
Minneapolis, MN 55408 USA

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**MEN TALK**

**The Men's Center News**

**4**

### *For You*

— BY DANIEL FARRIS BRAUN

You call Me God, Jehovah, Allah and Shiva.  
You have built churches, temples, mosques, and statues to Me.  
You have waged wars in My name, and made sacrifices to Me.

You say that I am in nature, or in the sky

You say that I am everywhere.

When you suffer, you call out to Me for help.

When you are happy, you forget Me.

You have worshiped Me in human form  
and yet you do not know Me.

Prophets and teachers have tried to point the way to Me,  
but no-one has found Me.

I am the One with whom you can have all relationships.

I am not born and, like you, I can never die.

I am light. My form is a tiny invisible point.

You too are a subtle point of light.

My world is the world of silence and peace.

You used to dwell with Me there in that golden silence.

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by Andy Mickel